

All Things Autism



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Fun in the Fall

Every season brings new opportunities for new experiences that can have a positive impact on development, sensory integration, relationships with family and friends, and overall health and wellbeing. Here are some fun autumn activities to explore this season.

Carving Pumpkins

Kids can help adults with pulling out the insides of the pumpkin. Some kids might not be able to tolerate the texture of it. In that case, you could encourage them to paint the pumpkin or decorate it with other crafts.

Playing in Leaves

Give your kid a new sensory experience by encouraging them to play in a pile of leaves. Playing in leaves offers kids an opportunity to stimulate so many senses, including sight, hearing, touch, and smell.

Go on a Hike in Nature

Hiking is a great physical activity that can support both mental and physical health. Fall is an excellent time to go on a hike. Many children with autism might also find comfort in the quiet and calm found in nature.

Visit a Pumpkin Patch

Take your kiddo to pick out their own pumpkin to carve or decorate. Let them explore the various colors, shapes, and sizes before picking out a pumpkin to take home.

Roast Marshmallows

Enjoying s'mores is of course delicious any time of the year, but there is something about the fall weather that welcomes the roasting of marshmallows. If the idea of an open fire makes you nervous, other options are to heat them over a small charcoal grill or even roast in the oven for the same gooey taste.

Going on a Hay Ride

The cool vehicle, big hay bales, bumpy ride and wind in the face make it an activity like no other. Many places that offer hayrides have other children's activities as well. If crowds pose an issue, try calling ahead to see if you can arrange a private ride that is tailored for your family.

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Notice

OCCK will be closed the following dates:

**Thursday, November 23rd,
2023**

Friday, November 24th, 2023

There will be no sessions on those dates.

Yummy Mummy Bananas

Ingredients and Supplies:

2-3 Bananas, 2 Blocks of White Almond Bark, Candy Eyes, Large Ziplock Bag

Directions:

Fill a glass bowl with hot water. Put the Almond Bark into a Ziplock bag, seal, and submerge into the water.

After 1-2 minutes your chocolate should be soft enough to manipulate in your hands, squeeze until smooth.

Once the Almond Bark is completely smooth, work it all into one corner and snip a small hole in the corner of the bag. Then slice your bananas in half, place them on a plate, and squeeze the melted chocolate over creating your mummy design. While chocolate is still warm place your candy eyes. Wait until chocolate is firm then Enjoy.



Parent Support Meeting
October 3rd.
5:30pm-6:30pm
@ OCCK

If you would like a link to join via video
email: AutismServices@occk.com

Harvest Chex Mix

Ingredients: Butter, Brown Sugar, Vanilla Extract, Rice Chex cereal, Bugles, Mini Pretzel Twists, Candy Corn, Candy Corn Pumpkins, Reese's Pieces.

Directions: Preheat the oven to 275°. Melt the butter in the microwave in a medium bowl. Add the brown sugar and vanilla extract and whisk well until combined and dissolved. In a very large bowl, add the Chex cereal, Pretzels, and Bugles.

Pour the sauce over the cereal mixture and toss gently until evenly coated.

Line two large baking sheets with parchment paper. Divide the mixture on the two sheets and spread in even layers. Bake for 45 minutes, stirring every 15 minutes. Remove from the oven and allow it to cool. Then add it to a large bowl along with the candy corn, pumpkins and Reese's Pieces. Toss to combine.

